

Volume 1, issue 3

August 31st, 2019



CCS NEWSLETTER

EMPOWERED

## Getting Empowered Along the Way

Empowered is a Newsletter developed for and by consumers and graduates of the CCS Program in Juneau County. We welcome any and all CCS consumers who would like to share your talents and work with a small group to put out the newsletter. Please get a hold of Juneau County CCS at 608-847-2400. Or email us at [dmoore@co.juneau.wi.us](mailto:dmoore@co.juneau.wi.us). By working on Empowered we are gaining friends and spreading the word about the benefits of the CCS Program. We are Getting Empowered Along the Way.



Nothing is IMPOSSIBLE, the word itself says I'M POSSIBLE.

Audrey Hepburn

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*Meet new people,  
support a great  
cause, and get in-  
volved in your  
community.*

## Support and/or skill building groups

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### NAMI Monroe-Juneau

NAMI Monroe-Juneau is a support group for adults who are struggling with mental health issues. It is on the third Thursday of each month from 6pm-7:30pm at Hatch Public Library.

### Al-Anon

The Mauston Monday Night Al-Anon Family Group Meetings, a support group for family and friends of alcoholics are held on Monday Nights at 7pm at Mile Bluff Medical Center 2nd Floor.

### Core Mindfulness Group

Learn mindfulness skills to become more aware of your feelings, thoughts, impulses, and behaviors. This aware-

ness will empower you to better regulate your emotions and choose more appropriate actions. Please call Juneau

County for more information.

### Art Group

Unleash your creative inner self. Art group is a great place to connect with other individuals in the community while creating a fun project.. Art Group is held at Artistic Expressions on the 3rd Friday of each month from 10-11:30am please call Juneau County for more information.

### NA Meetings

Held every Wednesday at 7:30 at the St. Claire Center in New Lisbon. 304 Brickford St. New Lisbon, WI 53950

### Garden Group

Every Friday from 2-3:30pm behind the Bible Baptist Church. 148 Grayside Ave. Mauston, WI. Contact 608-847-2400 to reserve your spot.

### Survivors Offering Support

Held every Thursday at 4pm in the Necedah Library. Check out their Facebook Page: Survivors Offering Support (Juneau County) #WhenIBecameFree

*The most certain way  
to success is to try one  
more time.*

*Thomas Edison*

## Community Events

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### Wonewoc Area Lions Fall Festival

October 12th 8am-4pm at the Wonewoc Center School Grounds. For more info please call 608-547-5153

### Mauston Farmer's Market

Tuesdays 2pm-6pm & Saturday 7am  
Juneau county courthouse lawn

### Adventures in Housesitting

Sept. 4 1-2pm at Hatch Public Library

### Meet Author Tammy Brown

Sept. 7 12-2pm at Hatch Public Library

### Parking Lot Party

Sept. 7 5pm-11pm at Silver Star Health

### Movie in the Park

Sept. 7 8-10pm Riverside Park. The movie is Dumbo & Oct. 5 8-10pm. The movie is Wonder Park

### Movie Night

Sept. 18 Open to the Public. 6-8pm at Hatch Public Library

### Memory Café

Sept. 19 1:30-3pm at Hatch Public Library

### Afternoon Book Club

Sept. 25 1-3pm & Oct. 31 5-6pm at Hatch Public Library

### Read to Rover

Sept. 25 4:30-6pm at Hatch Public Library

### Mauston Sharing Supper

Sept. 26 5-6pm at Mauston High school

### Hatched: Book Art

Oct. 2 1-2pm at Hatch Public Library

### Holiday Craft & Gift Show

Nov. 16 9am-3pm at Mauston High School

*Happiness is where we  
find it, but rarely  
where we seek it.*

*J. Petit Senn*

## A Facilitator Letter

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My name is Kayla Thomas and I have recently left my CCS Service Facilitator position at the Juneau County Dept. of Human Services. Working in the Juneau County CCS program has been an amazing opportunity. Our consumers and their families have a tremendous amount of strength, resilience, and potential to accomplish their goals. As an aspiring social worker, I did not realize how much I would learn from

my consumers. Their ability to persevere through difficult times was always something I admired. In addition, my experience in Juneau County reminded me how critical it is for our community to continue working together. Alone, we can do so little, but together we can accomplish great things for the people we serve. It is my hope that the CCS program is able to remain a valuable resource for years to come. I know I

will take my learned experiences into whatever position I take on next and I will always smile when I reflect on my time at Juneau County. "Be the change you wish to see in the world."

- Kayla

## NAMI: What is it?

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Our mission is to provide support, education, and advocacy throughout the Monroe and Juneau Counties in Wisconsin on behalf of individuals and families affected by mental illness. The mission of NAMI Monroe-Juneau is to build a community of allies for individuals living with mental illness in order to eliminate stigma, make connections to resources, and educate the community to harness the power of Hope.

NAMI Monroe-Juneau has grown tremendously over the past 5 years. We have added programming, enhanced our events and continue to work tirelessly to provide our local communities with much needed mental health education and support services. Please check out our support groups, education classes and presentations offered... "like"/"follow" us on our social media platforms (Twitter, Insta-

gram and Facebook), to follow our progress and be informed of changes. [www.namimonroejuneau.org](http://www.namimonroejuneau.org)

Take time to do what makes your soul Happy!

## Gardening and the Health Benefits

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A dose of gardening for your health! Medically speaking from a research point of view, we know contact with *Mycobacterium Vaccae* in soil releases serotonin in the brain which can combat depression and boost immune systems. Also it has been researched to show that gardening decreases cortisol levels which play a part in our stress responses. So it calms the nerves and decreases stress in people! More obvi-

ous benefits:  
Helps to supply us with healthy food to eat full of vitamins and minerals.  
Encourages us to eat healthy.  
3. Sights and smells can promote relaxation  
4. can work as a team.  
5. promotes feelings of reward.  
6. boosts self-esteem and gives a sense of accomplishment.  
7. good exercise. Helps you sleep

better.  
8. encourages a sense of commitment.  
9. mental clarity with lower stress.  
10. environmentally friendly as plants take CO2 out of air. This gives us cleaner air.

So give a regular dose of gardening for yourself!

## A CCS Experience Write-up

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*Expect nothing. Appreciate everything.*

By: Gary C CCS Consumer

As a consumer of CCS services I have been able to

1. Get my own place
2. "feel better" about the way things are going in my life.
3. I don't think about suicide anymore

4. I'm less angry
5. I have more time with my family
6. I am more independent- I'm making calls, scheduling appointments, and advocating for myself.
7. I have more stability in life and finances.

The only person you are destined to become is the person you decide to be.

Ralph Waldo Emerson

## Recipe #1 Crockpot Easy Meal

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4-6 Chicken Breast

Corn (1 can)

1 packet taco seasoning

Black beans (1 can)

Onion, chopped (amount to your liking)

Spray crockpot with Pam

Add a layer of water on bottom of crockpot

Add all ingredients

Cook for 6 hours



## Recipe #2 Hunters' Delight

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1 pack of pork chop suey

1 bag of extra wide egg noodles

1 can of corn

Sautee meat in 2 tablespoons of butter.

Season to taste

Sautee until brown

Empty can of corn in pot with meat (do not drain corn before putting in pot)

Add 1 cup of water

Simmer on low for 2 or so hours

Cook noodles according to package

Mix noodles with corn and meat once meat is tender

Serve



# Fuel assistance Schedule

**Sept 10, 2019—10am-2pm**

Necedah village hall  
100 center St. Necedah

**Sept 12, 2019 10:30am-1:30pm**

Camp Douglas VFW Post 10911  
110 School St. Camp Douglas

**Sept 17, 2019 10am-2pm**

New Lisbon City Hall  
234 W Pleasant St., New Lisbon

**Sept 19, 2019 9:30am-11:30am**

Juneau County Services Building, rm 209  
200 Hickory St., Mauston

**Sept 24, 2019 10am-11:30am**

Bernie's Wagon Wheel  
100 Center St., Wonewoc

**Oct 1, 2019 10am-11:30am**

Grace Lutheran Church  
226 Erickson St., Elroy

**Oct 8, 2019 10am-11:30am**

Beagles Bar & Grill  
107 W. Flint St., Lyndon Station

**Oct 10, 2019 12pm-1pm**

Hustle Inn  
116 E Main St., Hustler

**Oct 15, 2019 10am-11:30am**

Necedah Village Hall  
100 Center St., Necedah

**Oct 17, 2019 9am-10am**

Union Center Village Hall  
339 High St., Union Center

**Oct 19, 2019 8am-11am**

Oakdale Electric Cooperative  
Customer Appreciation Day  
489 N Oakwood St., Oakdale

**Must bring the following:**

Social security number

Proof of all gross income for past three months prior to appt. from all members of household and award letter for Social Security stating amount received.

Fuel costs for 12 months from sept 1st 2018 through Aug 31 2019

Electric costs for 12 months from sept 1 2018 through Aug 31 2019

If you are alliant energy, bring ! Bill

Photo id

Food share letter

For renters: landlords' name and phone number.

*Please call Community Action at 608-847-5988 with any questions.*

*Appointments are a first come, first serve basis.*

Nothing works unless you do.

Maya Angelou

IF you can

DREAM it,

you can

DO it.

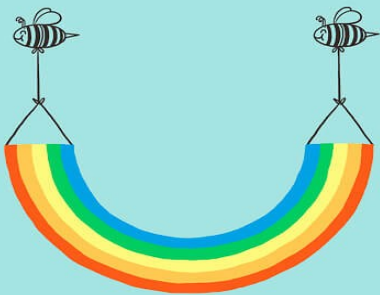


Puzzles and Comic

	8					2		
				8	4		9	
		6	3	2			1	
	9	7					8	
8			9		3			2
	1					9	5	
	7			4	5	8		
	3		7	1				
		8					4	

	4				2		1	9
			3	5	1		8	6
3	1			9	4	7		
	9	4						7
2							8	9
		9	5	2			4	1
4	2		1	6	9			
1	6		8				7	

If I can survive the war  
that I battle with myself,  
I can survive anything.



Be Positive

HealthyPlace.com

200 Hickory Street  
Mauston, WI 53948

Phone: 608-847-2400  
E-mail: [dmoore@co.juneau.wi.us](mailto:dmoore@co.juneau.wi.us)

*Getting Empowered Along the Way*

### ***Our Vision***

Promoting safety, well-being, and self-sufficiency for the individuals and families in Juneau County by:

- Promoting unity and commitment in all aspects of their job performance.
- Remaining open-minded to ideas and suggestions of others.
- Providing person-centered services in the least intrusive and least restrictive way possible.
- Collaborating within the Department of Human Services and its community partners.
- Functioning with integrity in all matters.
- Managing public resources responsibly.
- Acknowledging and respecting the values and beliefs of others in a courteous and responsive manner.

## Quote of the Month

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“Try to be a Rainbow  
in someone’s cloud.”

-Maya Angelou



If you desire any extra copies of this newsletter, you can pick one up at the Juneau County Human Services Building located at 200 Hickory Street in Mauston Wi.